

## **Systematic Review Protocol**

“Shared components of worldwide successful sexuality education interventions for adolescents: A systematic review of randomized trials”

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### **Citation**

Torres-Cortés, B., Leiva, L., Canenguez, K., Olhaberry, M. and Méndez, E. 2023. Shared components of worldwide successful sexuality education interventions for adolescents: A systematic review of randomized trials.

### **Review question**

What are the shared components of effective sexuality education interventions for adolescents?

### **Searches**

This systematic review was conducted using specific main keywords such as “Sexuality”, “Education”, “Adolescent”, “Randomized control trial” between November and December 2021. We searched electronic databases CINAHL, PsycInfo, and PubMed databases; and the Web of Science [WoS] platform to find studies about sexuality education interventions for adolescents.

### **Types of study to be included**

Randomized clinical trial

### **Condition or domain being studied**

Sexuality education intervention: any combination of learning experiences aimed at developing a voluntary behavior leading to sexual health in adolescents. The intervention had to be universal, preventive, targeted to adolescents (11 to 19 years old), and only include sex health-related topics (from abstinence, risk-oriented or comprehensive approach).

### **Participants/population**

We included any Randomized clinical trial about sexuality education interventions targeted to adolescents. This study only included interventions that targeted strictly sex behavior (and not those that addressed exclusively related topics as partner violence or sexual abuse).

### **Intervention(s), exposure(s)**

Psychosocial intervention

### **Comparator(s)/control**

Adolescents receiving sexuality education intervention and adolescents receiving other kind of health intervention

## **Main outcome(s)**

Intervention components:

- Dose (number and length of sessions)
- Facilitator's training
- Theoretical foundations
- Intervention approach
- Type of intervention (individual or group; single-sex or mixed-sex groups)
- Activities methodology

## **Additional outcome(s)**

Outcomes of the interventions

## **Data extraction (selection and coding)**

Two authors -independently- screened all retrieved papers in different levels including title, abstract, and full text following PRISMA guidelines for reporting systematic reviews. We extracted following data:

- *Study variables:* author, year of publication, title, country of implementation, type of randomization, blinding, the existence of a control group, reasons for withdrawal, and sample characteristics (size, sex, gender, and age).
- *Intervention characteristics:* name of the intervention, country of implementation, objective, setting (communitarian, scholar, clinical), number and length of sessions, type of facilitators, facilitator's training, theoretical foundations, topics, type of intervention (individual or group; single-sex or mixed-sex groups), type of activities, and statistically significative outcomes.

## **Risk of bias (quality) assessment**

- High-quality indicators were included in the eligibility criteria: experimental design and existence of control group.
- Jadad scale: is one of the most used for evaluating RCT. This scale contains items directly associated with the reduction of bias and classifies the study as high quality when this gets from three to five points [87].

## **Strategy for data synthesis**

*Structured approach:* the interventions components of each study were coded in a databased on pre-specified criteria (e.g., approach: 1) abstinence, 2) comprehensive, 3) risk-oriented). In this way, those with similar codes were grouped into the same categories.

## **Analysis of subgroups or subsets**

Non applicable

## **Contact details for further information**

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### **Type and method of review**

Intervention, Systematic review

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**Conflicts of interest**

The authors declare that the study was conducted in the absence of any commercial or financial relationship that would constitute a potential conflict of interest.

**Language**

English

**Country**

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**Subject index terms**

Sexuality, Education, Adolescent, Randomized control trial